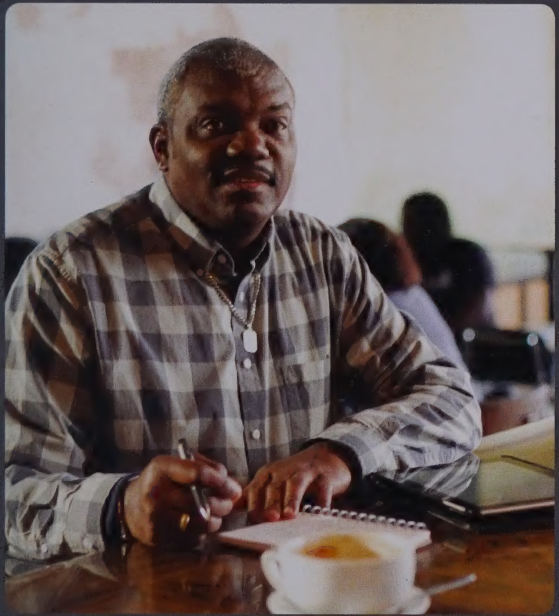

HIV TREATMENT WORKS

Get in care. Stay in care. Live well.

cdc.gov/HIVTreatmentWorks

CDC

ACT against AIDS

"I fought for my country. Now I'm bringing the fight to my HIV."

Reggie – Atlanta, GA

Living with HIV since 1985.

As a military guy, I know how to follow orders. So when my doctor told me to start and stay in treatment, I listened. Now my treatment regimen is part of my life. That means I take my pills, I keep my medical appointments, I stay connected to support groups and I keep up with the latest education. Treatment works for me, and now I show other veterans who are HIV-positive how it can work for them.

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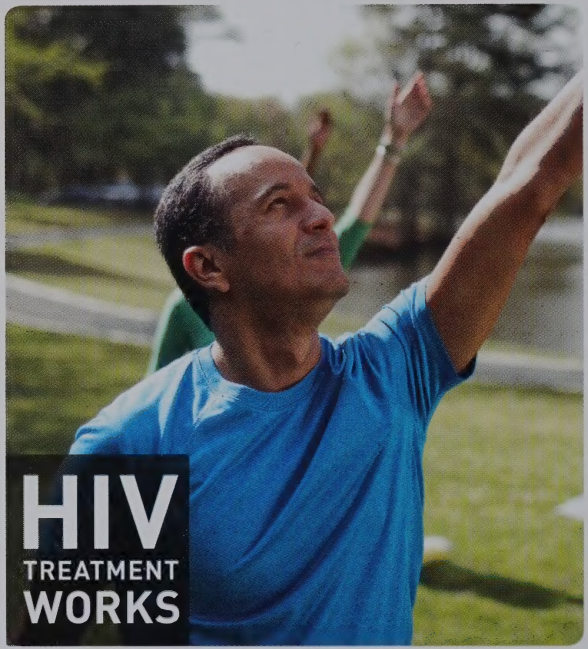
ACT AGAINST AIDS



"HIV, you won't stand between me and a long healthy life."

Eddie – Miami, FL

Living with HIV since 1987.

Encouraged by the love of my HIV-negative partner, I started HIV treatment 27 years ago. I've seen first hand the dramatic advancement of HIV care. When I first started treatment, I had to take 30 pills a day. Now, I just take 3 pills a day with few side effects. Initially, I started treatment to protect my partner from getting HIV. Now, I know that being healthy, taking my medication, exercising, and eating well are the reasons I have a full and productive life today.

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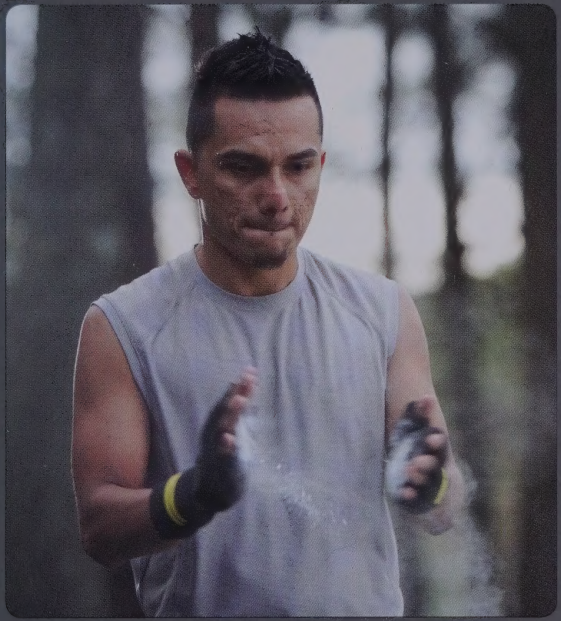

EL TRATAMIENTO DEL

VIH

ES EFECTIVO

Busca y mantente en cuidado médico.
Vive bien.

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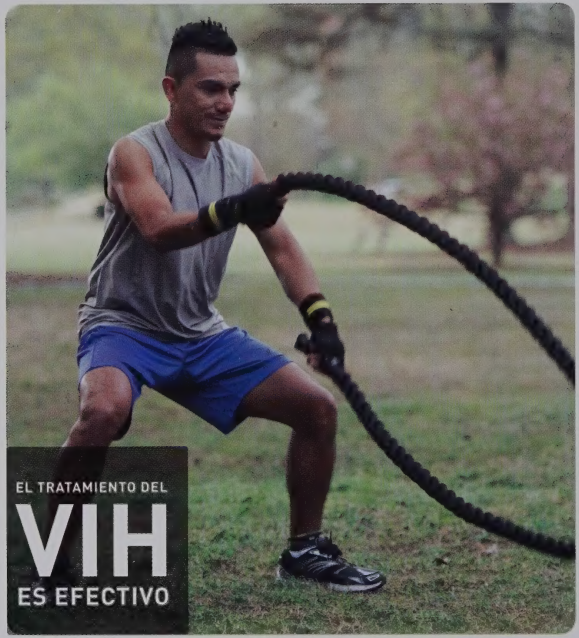
CDC

ACTÚA CONTRA EL SIDA



"¿Crees que puedes detenerme, VIH? Ni lo pienses."

Yuri - Miami, FL
Vive con el VIH.

Me niego a permitir que el VIH se interponga en mis actividades. Hasta tengo una aplicación móvil que me recuerda cuando tengo que tomarme los medicamentos para el VIH. Cuando no estoy trabajando, me ejercito, hago natación, levanto pesas, medito, me voy de viajes, y—oh sí—también hago karaoke. Sé que mientras más control yo tenga sobre el VIH, menos fuerza tiene el virus. Me mantengo en control cuando tomo los medicamentos para el VIH todos los días.

Busca y mantente en cuidado médico. Vive bien.

HIV TREATMENT WORKS

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CDC

ACT AGAINST AIDS

"HIV, taking my meds makes you undetectable. And that makes me unstoppable."

Aaron – St. Louis, MO

Living with HIV since 2011.

This is my disease. It's in my body and I need to know everything I can to fight it. I stay informed. I talk to my doctor. I talk to my pharmacists. And I share my story through my own YouTube channel called My HIV Journey. Three years ago, when I met my partner Phil, I told him I was HIV-positive in our first conversation. He said, 'That's OK. There are lots of ways to protect ourselves.' Phil takes PrEP and I take my meds every day. In this relationship, HIV ends with me.

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HIV TREATMENT WORKS

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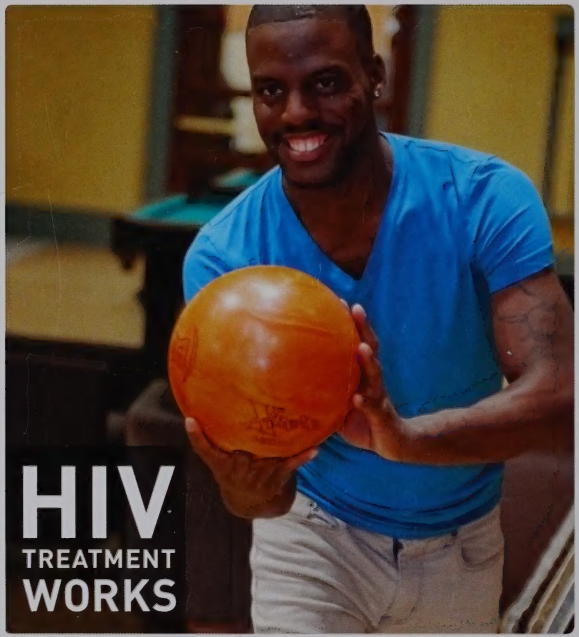
CDC

All against HIV



"HIV, life's a game, and with treatment, I'm winning it day by day."

Christopher – Washington, DC
Living with HIV since 1987.

I was only 16 years old when I discovered that I was born with HIV. My mother passed away from the disease, but until getting tested at a community health fair, I had no idea, that I too, was living with HIV. Within a few months of my diagnosis, I got on treatment to control my viral load. Since then, I've stayed on treatment and in good health. Getting tested saved my life and I've used my experience to help youth learn about HIV prevention, testing and fighting stigma. Today, I enjoy friends, family and living life to the fullest. Christopher 1, HIV 0.

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HIV TREATMENT WORKS

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CDC

ACT AGAINST AIDS

"I'm here.
I'm living.
I'm happy.
So take that, HIV."

Cedric – Bryant, AR
Living with HIV since 2013.

After my diagnosis, it took me a while to accept the fact that being HIV-positive is not the end of the world: It's just the beginning of a whole new way of life. The first meds I was prescribed gave me some bad side effects. But I worked with my doctors to find a new one that was better for me. Now I feel great and my viral count is undetectable. That list of things you wanted to accomplish before you were diagnosed? It's still possible if you stay in care and work with your doctor to find the treatment that's best for you.

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HIV TREATMENT WORKS

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CDC

ACT against AIDS

"HIV: This is not the end. It's just the start of a new way of life."

Jennifer - Asheville, NC
Living with HIV since 1997.

When I learned I had HIV, the doctors told me I had just 6 weeks to live. As a transgender woman, it was hard to find a doctor who understood my needs, but I kept looking and finally found someone. Now, 17 years later, I take just one pill a day—with very few side effects. I also run my own organization called TransHealth Coordinators that helps health care providers learn how to care for the unique needs of transgender people. Staying healthy leaves me with plenty of energy to pursue my other passions, too, such as painting, gardening, and operating a mountain guest house.

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ACT against AIDS

"By managing you, HIV, I can devote all my time and energy to my son."

Malina – Bronx, NY

Living with HIV since 2010.

The moment I received my HIV diagnosis, negative thoughts rushed through my mind. Have I passed it on to my infant son? Will I live to raise him? Can I have more children? Like many people, I didn't know a lot about HIV. But with time, the right doctor, the right medicine, and a strong support group, I discovered that I could live a full life. I'm on treatment, my son is HIV-negative, and we're both healthy and living well with the love of our family and friends.

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HIV TREATMENT WORKS

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ACT AGAINST AIDS

"Hear this, HIV:
I'm going to take care of me
so I can take care of
those I love."

Angie – Loganville, GA
Living with HIV since 1995.

I break into dance whenever the mood and music move me. I won't let my HIV rob me of anything in life. I know that staying in care and on treatment helps me to be the best mother, wife, and HIV prevention educator I can be. I tell other HIV-positive women: All the fear that you have can be overcome. Every day I wash down my pills with a prayer. I'll continue to do so until my dying day —and HIV will not be the cause of it.

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ACT AGAINST AIDS

"HIV, my life revolves around the people I love. Not around you."

Chris - Minneapolis, MN

Living with HIV since 2010.

Diagnosed as a young college student, my first fears were of rejection and death. But, I was wrong about both. Instead of rejecting me, my grandmother immediately began to learn about the disease. She helped me see that, with HIV meds, I could live a long, healthy life. Now that I understand what it takes to live well with HIV, I take care of myself so I can spend time with the people who matter most.

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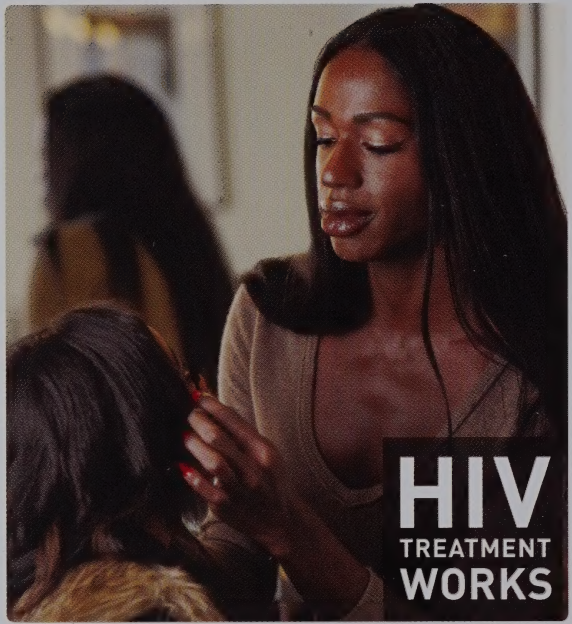
ACT AGAINST AIDS



"HIV, you have no power here. And if it's between you and me, I guarantee I'll win."

Jamie – Atlanta, GA
Living with HIV since 2015.

When I was first diagnosed with HIV, I felt like I would never have a strong quality of life again. But life does not end with an HIV diagnosis. I formed a strong, honest relationship with my medical provider and together we created a plan to keep me healthy. Now, I want to encourage other transwomen living with HIV to take care of themselves by taking their medication, and taking time to do what makes them happy. There is light at the end of the tunnel, and you can live a full and amazing life as long as you stay in care and prioritize your health.

Get in care. Stay in care. Live well.

HIV TREATMENT WORKS

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ACT AGAINST AIDS

"Now that I've learned how to manage living with HIV, my life knows no bounds."

Quoc – Nashville, TN

Living with HIV since 2002.

When I found out I was HIV-positive, the news sent me into a spiral of shame and self-destruction. I hit rock bottom. I thought I would die from my drug addiction before I died from my HIV. I knew then that I had to take control of my life and get into treatment. After getting clean, I worked with my doctor to find the best treatment for my HIV. I've made taking care of myself and my HIV a top priority. Now, I'm at a point where I can help others get in care, stay on treatment, and learn to live a long, healthy life.

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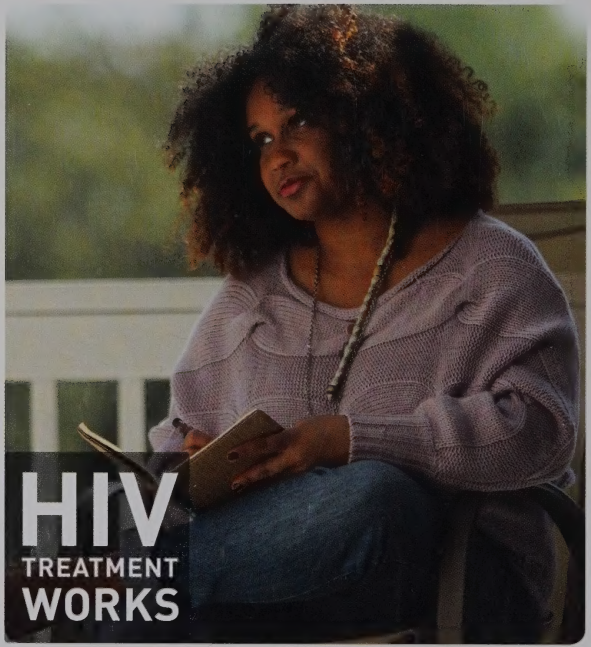

"You know what, HIV? There are many things I still want to accomplish and you are not going to stop me."

L'Orangelis - San Juan, PR
Living with HIV since 1989.

I was born with HIV so I don't know what a life without HIV is like. There was a period of time where I did not take medicine, but I decided to get back on treatment and seek medical care. I am motivated now to stay healthy because there are so many things I still want to accomplish. I am 25 years old. I have a whole life to look forward to and an opportunity to be a role model for other young people.

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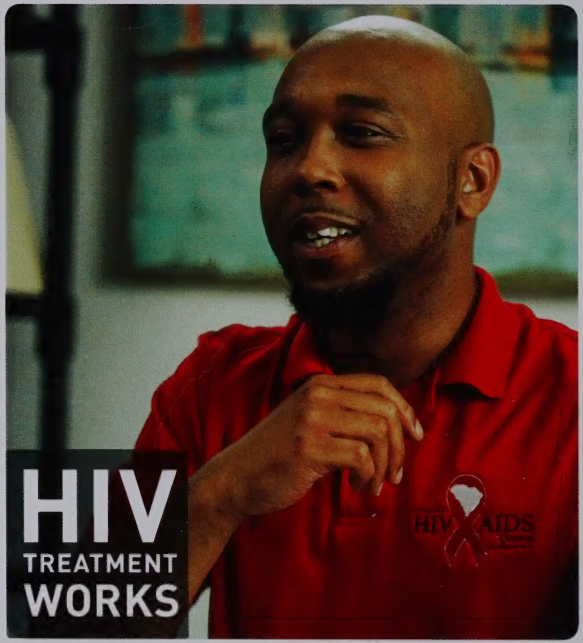

"HIV, you brought challenges to my life. But those very challenges are what make me stronger today."

Ryan - Columbia, SC
Living with HIV since 2014.

As a gay, black man in the South, living with HIV brings added challenges. But it is those very challenges that have helped me grow as an individual. I use my first-hand experience to help others in my community get in and stay on treatment. As an advocate, I try to be an example of how HIV treatment enables a full and active life. Everyday, I get to educate and motivate people, while pursuing all my dreams and goals in good health.

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CDC

ACT AGAINST AIDS

"You do not have me, HIV. I have you."

Tommy - Jackson, MS
Living with HIV since 2010.

Yes, I am living with HIV, but it does not define me. I was able to move forward after my diagnosis, with the support of my family and a great network of friends. They gave me the strength to start treatment right away and focus on my health. Taking those steps has made all the difference. Today, I'm living well with an undetectable viral load. My continued success inspires me to give back to my community by helping break HIV stigma, every chance I get.

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ACT against AIDS

"HIV, you may have tried to take my life, but with treatment I took it back."

Katrina – Decatur, GA

Living with HIV since 2007

One month. That was all it took after starting meds until my HIV was undetectable. I'm a living example that getting into care, listening to your doctor, and staying committed to treatment are key to living well with HIV. Treatment gave me back my life. Now, I spend my time taking care of my family and doing all the things I've always enjoyed.

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CDC

ACT against AIDS

"HIV, you didn't take my voice. You gave me my voice."

Sharon – Bangor, ME

Living with HIV since 2003.

As a member of the Penobscot Nation, I put a face on HIV and give it a voice in my community. I started taking HIV meds 2 weeks after I was diagnosed. Since then, my doctor and I have become a great team. It's made all the difference. My viral load is undetectable and I feel good. Now, as an HIV educator and public speaker, I encourage others to get in care and on treatment as soon as possible. I'm living proof that it works.

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